EPI Update for Friday, August 30, 2013 Center for Acute Disease Epidemiology (CADE) lowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- Non-cholera Vibrio infections
- It's hot out there sport fans take extra precautions
- Too sick for school?
- Meeting announcements and training opportunities

Non-cholera *Vibrio* infections

In 2012, CDC reported the rates of *Vibrio* infections rose by 43 percent compared to 2006-08. Recently in Iowa, several non-cholera *Vibrio* infections have been reported. These *Vibrio* bacteria occur naturally in warm seawater, such as the Gulf of Mexico. Thus, *Vibrio* infections are commonly associated with travel to these areas (especially after seawater exposure to skin wounds), as well as consuming raw seafood (raw oysters are of particular concern).

In healthy people, *Vibrio* infections can result in vomiting, diarrhea and abdominal pain, and skin infections; however, in immune-compromised persons (particularly those with chronic liver disease), *Vibrio* organisms can result in sepsis and death. Most *Vibrio* infections can be prevented by thoroughly cooking all seafood (especially oysters) prior to consumption, and by avoiding exposure of open wounds to warm seawater.

It's hot out there - sport fans take extra precautions

In case you hadn't noticed – it's hot out there and lowans need to take precautionary steps during this weather. Even young and healthy individuals can have a heat-related illness if they are active during hot weather. Many sports events are scheduled during hot temperatures, necessitating precautions on the part of both athletes and fans.

To protect your health when temperatures and humidity are high, remember to keep cool and use common sense. The following tips are important:

- Increase fluid intake, regardless of your activity level.
- If experiencing a lot of sweating, replace salt and minerals by eating foods like bananas, or drink rehydrating beverages that contain salts and electrolytes such as sports drinks, and special rehydration fluids.
- Choose lightweight, light-colored, loose-fitting clothing and wear sunscreen.
- Wear hats that shade your face such as sun hats, visors, etc.
- Stay in the shade or air conditioned areas as much as possible.
- Work slowly if you are not used to working or exercising in heat and humidity.
 Stop immediately if you get dizzy, nauseated, or feel weak. Go into an air conditioned space and drink cool liquids.
- Use a buddy system. Watch others for heat-induced illness, since some people may not realize that they are suffering heat-related illness.

Too sick for school?

Parents are encouraged to keep their infectious children home from school not only for their own child's health, but to avoid the spread of disease to other students.

In general, symptoms that indicate a day home from school is needed and consulting with the child's health care provider is appropriate include:

- fever (temperature higher than 100.4 degrees F. when taken by mouth);
- severe sore throat that lasts more than 48 hours, especially when accompanied by a fever;
- a significant rash, particularly when other symptoms are present;
- sores in the mouth with drooling;
- red eyes (pink eye);
- · skin infection with erupting sores;
- severe ear pain;
- an uncontrolled cough or difficulty breathing;
- diarrhea;
- vomiting more than two times in 24 hours;
- severe headache, especially with a fever or
- any symptoms that suggest a more serious illness, such as sluggishness, persistent crying, or irritability.

According to the American Academy of Pediatrics, children may be allowed to return to school after symptoms are gone for at least 24 hours. For information on specific childhood illnesses and what to do regarding school attendance, visit www.idph.state.ia.us/hcci/common/pdf/childhood_illness_guide.pdf.

Meeting announcements and training opportunities

2013 Keeping Kids Safe Conference: The 12th Annual Keeping Kids Safe: Iowa Child and Youth Injury Prevention Conference will be held September 17, 2013 in Des Moines. Registration is now open. Visit www.blankchildrens.org/ipc for more information and to register.

Pests, IPM, and Local Policies for Public Health: on October 1 at the Des Moines Downtown Library. Topics include vector-borne diseases of public health, health effects of pesticides, basic pest ID, IPM basics, federal rules and Iowa pesticide applicator licensing, and a panel discussion of Iowa issues (6 CEU). Registration open until September 20; visit prepareiowa.training-source.org/ or contact Mindy Uhle for additional information at Melinda.uhle@idph.iowa.gov or 515-242-6131.

Have a fun and healthy, and hopefully cooler, week!

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